





October Walkfest

October 2007

FUN FACT

October is WALK TO SCHOOL Month. Even if you cannot walk to school everyday, you can still do walking activities to help raise your heart rate and increase your level of physical fitness. At least 10,000 steps a day is suggested.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>If at all possible, walk your child to school at least one day during October.</i></p>	<p>1 Pass a ball around your waist while you walk in place 100 steps.</p>	<p>2 Walk 100 steps. Jump as high as you can 10 times. Repeat!</p>	<p>3 Do 50 walking steps for each member of your family.</p>	<p>4 Hold a soup can in each hand and do 10 bicep curls. Walk 200 steps.</p>	<p>5 Walk in place for 1 minute. Run in place for 1 minute. Repeat twice.</p>	<p>6</p>
<p>7</p> 	<p>8 Put on some music and start walking. Create some crazy walks.</p>	<p>9 Ask an adult to give you a word to spell. Spell it, then walk 50 steps. Do 10 more words!</p>	<p>10 Walk for 100 steps. Do 10 sit-ups and 5 push-ups. Walk 100 steps.</p>	<p>11 Run and then jump as far as you can. Try 10 more times.</p>	<p>12 Balance a book on your head and walk for at least 2 minutes.</p>	<p>13</p>
<p>14</p> 	<p>15 Ask if you can walk to school tomorrow. Will someone walk with you?</p>	<p>16 Jump rope for 1 minute. Walk 100 steps. Jump rope for 2 minutes. Walk 200 steps.</p>	<p>17 Have an adult time you while you walk 500 steps. WOW!</p>	<p>18 Try walking and clapping for 100 steps. Try again. Try again and boogie down!</p>	<p>19 Ask an adult to take a walk with you. Tell the adult about your PE class.</p>	<p>20 <i>Ask to visit your child's Physical Education class.</i></p>
<p>21</p>	<p>22 Walk 100 steps before dinner. Walk 200 steps after dinner.</p>	<p>23 Hold a book in each hand while walking in place for 1 minute. Repeat.</p>	<p>24 Walk backward 25 steps. Walk forward 50 steps. Repeat. Repeat again!</p>	<p>25 Ask an adult to take a walk with you. Count all the pumpkins you see.</p>	<p>26 Tiptoe walk for 25 steps walk at a low level for 25 steps. Repeat.</p>	<p>27</p>
<p>28</p>	<p>29 Walk 50 steps. Breathe 3 deep breaths. Repeat three times.</p>	<p>30 Show an adult how to do 4 types of animal walks.</p>	<p>31 HAPPY HALLOWEEN!</p>	<p><i>Walking helps improve attitude and reduce stress.</i></p>	